



GROWMIND

PARENTING COLLECTION • VOLUME 1

PARENTING WITHOUT *Guilt*

Release perfectionism.
Embrace enough.



10

POWERFUL
TECHNIQUES

+ 30-DAY
ACTION PLAN



FREE SAMPLE



A SHORT TASTE OF THE FULL GUIDE

GROWMIND.STORE

WHAT'S INSIDE

The full guide, at a glance.

- ✦ Research-backed
- ✦ Written for real mums
- ✦ Small, doable steps

For the nights you lie awake replaying every sharp word.

Parenting Without Guilt helps you quiet the inner critic, put things right when you slip, and believe that good enough really is enough.

THE TEN TECHNIQUES

- 01 Recognising the Voice of Guilt
- 02 Guilt vs. Shame: A Crucial Distinction
- 03 The Good Enough Parent
- 04 Releasing the Highlight Reel
- 05 Self-Compassion as a Parenting Tool
- 06 Letting Go of the Parenting Script
- 07 Repairing Without Ruminating
- 08 Setting Boundaries Without Guilt
- 09 The Art of Asking for Help
- 10 Celebrating Who You Already Are

IN THIS SAMPLE

Plus a 30-day action plan that turns the ten techniques into small steps, week by week. About 15 pages in all.

In this sample: a short version of technique 07 to try tonight, plus the research behind it.

REPAIRING WITHOUT RUMINATING

07

Put it right once, then let it go.

You snapped, and hours later you’re still going over it. That replay can feel like the responsible thing to do, but it doesn’t help your child. What helps is the repair: a short, warm sorry that shows them mistakes can be fixed and that you two are still okay.

TRY THIS TONIGHT

- 1

SAY IT IN ONE BREATH

At bedtime or the next calm moment, get down to their level: “I got cross and raised my voice. I’m sorry. I love you.” That’s it. No lecture, and no explaining what they did first.
- 2

ADD SOMETHING WARM

Follow the sorry with a bit of closeness: an extra story, a cuddle, five minutes lying next to them. It says “we’re okay” without another word.
- 3

CLOSE THE FILE

When the replay starts later, notice it and tell yourself: “I’ve already put this right.” Then give your mind something else to do: a hot shower, a cup of tea, a chapter of your book.



WORTH REMEMBERING

*Every family has hard moments.
Coming back to each other afterwards is what builds the bond.*

A short version of technique 07, written for this sample. The full guide has the original, plus nine more.

THE RESEARCH BEHIND IT

Why it's worth trying.

 Real studies, plain words.

Getting it wrong is normal. Putting it right is what counts.

FINDING 01

Ed Tronick and Claudia Gold describe how even loving parents and babies are out of sync around 70% of the time. What builds the bond isn't avoiding those moments. It's repairing them.

Source: Tronick, E. & Gold, C. (2020). The Power of Discord.

FINDING 02

Psychologists June Tangney and Ronda Dearing separate guilt ("I did a bad thing") from shame ("I am bad"). Guilt tends to lead people to take responsibility and make amends. Shame is linked to hiding, anger and defensiveness.

Source: Tangney, J. P. & Dearing, R. L. (2002). Shame and Guilt. Guilford Press.

These studies back the ideas the guide uses. They weren't studies of the guide itself.

WHAT'S NEXT

WANT THE OTHER NINE?

This sample has one technique. The full guide has ten.

Parenting Without Guilt gives you all 10 research-backed techniques, each with simple steps to try, plus a 30-day action plan to help them stick. About 15 pages, written for real mums.

THE FULL GUIDE

Parenting Without Guilt

10 techniques, a 30-day action plan, about 15 pages.

GET THE FULL GUIDE

growmind.store/products/parenting-without-guilt-a-growmind-guide

NZ\$17

THE GROWMIND BUNDLE

All three guides

-  **Parenting Without Guilt**
For the 10pm replay. Quiet the inner critic and let go of mum guilt.
-  **Mindful Parenting**
For the meltdowns. Stay calm in the moment and coach big feelings.
-  **Raising Confident Children**
For their self-belief. Build resilience, confidence and a growth mindset.

GET THE BUNDLE

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NZ\$39

NZ\$53 bought separately

 *You're doing better than you think.*

This sample is general information, not medical or psychological advice. If you're struggling, please talk to your GP or a health professional.